

Montana Chemical Dependency Center
Suggested Packing List

It is suggested that each patient bring clothing for approximately one week. Clothing and other articles, which promote chemicals or alcohol, are considered disrespectful to others, and are not permitted.

Excess belongings will be taken upon admission and placed in storage along with your suitcase and/or backpack. **MCDC is not responsible for personal belongings and cannot be held liable to replace lost or stolen items.**

Personal vehicles brought to MCDC must be parked in the side parking lot and not used during the course of treatment. MCDC is not liable for any damage, theft or other occurrence to the personal vehicle while patient is in treatment.

Laundry facilities and detergent are available to patients at no charge.

Bedding and towels will be provided. Any brought by the patient, including blankets and comforters will be taken and stored.

All patients are responsible for doing their own laundry, including towels and bedding. Personal hygiene is very important to self-image and all patients are required to shower daily. Must be dressed appropriately by breakfast

ITEMS YOU MAY BRING:

Shirts, blouses, sweatshirts	Postage Stamps
Jeans, slacks, sweatpants, shorts	Hair dryer/ curling iron
Underclothing	Hair Spray, shampoo, mousse and our gel (NON Aerosol only)
Shoes, socks and slippers	Razor- including electric razors
Pajamas, robe	Room decorations, examples include: family photos
Photo ID, such as a Driver's license, State ID card, etc. and Social Security Card (if available)	

ITEMS YOU MAY NOT BRING

- **Do not bring your medications** but know what you are taking and the dosage.
Please bring a list of medications that you are currently taking directly from your pharmacy, or ask them to fax it to us before you come: Fax to 406-496-5437.
- **NO Tank/halter tops, Spandex yoga type pants** or see through clingy clothing are not permitted.
- **NO Miniskirts, NO SHORT SHORTS**, Basketball shorts are allowed.
- **NO Food Items**, i.e. coffee, candy, chewing gum, pop, etc.
- **NO Tobacco**, i.e. cigarettes, electronic cigarettes, chew, any products containing tobacco. We will not keep them and they will be destroyed upon arrival to MCDC if you bring them with you.
- **NO Over- the- counter medications, mood altering or illegal drugs.**
- **NO Drug paraphernalia.**
- **NO Alcoholic or non-alcoholic beverages.**
- **NO Toiletries which contain alcohol as one of the first 3 ingredients.** No Aerosol containers. NO Colognes, perfumes, after shave lotions, mouthwash or other items containing alcohol.
- NO Electronics equipment, i.e., cell-phones, radios, Ipods, cassette/CD players, cameras, musical instruments.
- Reading material, except for AA book, Bible, 12 Step books, or other self-help books.
- Hobby or craft items, i.e. playing cards, board games, sewing items, etc.,
- Weapons or any item that can be used as a weapon, including straight edge razors. NO Lighter fluid. NO Expensive jewelry.

Please be advised that MCDC is a tobacco free facility. Patients may bring FDA approved nicotine patches for use during the entire duration of their stay, but will be tapered off patches that MCDC provides.

Directions to MCDC:

From interstate 90 take exit 126.

Turn North onto Montana Street, heading uptown.

The 4th Stop light – Mercury Street turn right.

Past 2 stop lights, keep heading east on Mercury to your destination on the left:

525 E. Mercury- 3 brick buildings, you will enter the middle building. (Administration)

**Montana Chemical Dependency Center
TREATING THE DISEASE OF ADDICTION**

Welcome to the Montana Chemical Dependency Center (MCDC).

MCDC is the only State facility providing inpatient treatment for the disease of addiction- specifically substance abuse disorders.

The inpatient services available at MCDC are explained below.

WHAT YOU NEED TO KNOW: Once you are admitted for treatment:

Transportation: Please arrange transportation to come for treatment. We recommend that you have someone drive you here. When you are ready to leave, it is best if you have a support person to come and pick you up to take you to the next step in your treatment.

NO drugs or alcohol are allowed.

NO Tobacco or Tobacco Products- NO smoking- NO CHEW

No money is needed while you are in treatment here at MCDC. It will be stored for you in a safe upon arrival.

You will have a roommate and share a bathroom area with 2 other patients.

Incoming patient calls are not permitted. Your personal cell phone will be placed in a secure area upon check in and returned upon departure. A cell phone is provided by MCDC for your use while you are here.

Visitors: Visitation is available for patients at MCDC. This is scheduled individually as appropriate with treatment through the counseling staff.

Length of Stay: no one graduates from this program. This is a beginning of a life long journey. Each individuals stay here is unique and may last up to or beyond four (4) weeks.

Financial Affairs: Patient rates are based upon "ability to pay" using a sliding scale fee. We will contact you before you arrive or upon arrival to complete a financial assessment for you.

Treatment is based on a medical model of care including a comprehensive assessment, individual treatment planning and continued care planning: Individual treatment includes such services as withdrawal treatment (detoxification), group and individual counseling and therapy, skill based training, relapse prevention. **Random U/A's will be conducted.**

Admissions Date and Time: You will receive an arrival date and time. Please contact us as soon as possible if something unusual happens that may change the appointed date and/or time.

Exercise and Recreation: Each resident unit has exercise equipment that can be accessed by the patients. Outside activities such as basketball, volleyball, and horseshoe pits are available to use outside (weather permitting).

Mail Services: Mail is daily, except weekends. Patient must provide their own stamps. All incoming parcels will be opened in the presence of MCDC staff.

Attention those who are taking the bus home from MCDC:

Greyhound allows one carry on and one piece of luggage to be put in the under storage. Additional luggage will cost \$10.00 for the first extra piece of luggage and then \$30.00 per each additional piece. The maximum weight of each piece of luggage is not to exceed 50 pounds.

Rimrock Stage allows one carryon bag and one piece of luggage to be put in the under storage. Additional luggage will cost \$15.00 for the first extra piece of luggage and then \$30.00 per each additional piece. The maximum weight of each piece of luggage is not to exceed 50 pounds.

If you still have questions after reading the information, feel free to call the Admissions Department at 406-496-5412.

After Hours or weekends please call 406-496-5415.

For Pick-up from the Bus station in Butte call: 406-496-5400 or 406-496-5415